



The Breakdown

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VOLUME I, ISSUE I

SEPTEMBER 19, 2011

Spring & Summer 2011

Did you know?

When joining a ruck or a maul, a player must have their head and shoulders at or above the level of their hips.
Learn more rules of the game at:
www.irblaws.com



New England 10s in Acton, MA
July 10, 2011

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Results & Upcoming Games

Spring 2011

3/19 vs. Northeastern W 48-0
 3/27 vs. Boston University W 11-7
 4/2 vs. Univ. Rhode Island *canceled*
 4/9 vs. Univ. Rhode Island T 0-0
 4/9 vs. Boston College T 5-5
 4/16-17 Beast of the East:

Second Place, Women's Division

Summer 2011

7/10 New England 10s
 7/16 Cape Cod 7s

Fall 2011

9/10-11 Beantown Tournament
 9/24 vs. Boston University
 10/2 @ Boston College
 10/8 @ Army
 10/15 vs. Northeastern
 10/22 vs. UMass

NERFU League Changes

NERFU has changed its division structure in hopes of eventually giving rugby an easier transition to NCAA recognition. The NERFU divisions are now DI Ivy League, DI, DII, DIII, and DIV. UConn had to make a tough choice: stay in DI or move to DII. As a team, we did not want to compromise our potential by leaving DI, but we also did not want to compromise our time on the pitch by staying in DI. In the end, UCWRFC decided against moving down.

The new conference system means that the Ivy League teams have left our division. Originally, the teams remaining in NERFU DI were UConn, UMass and Army. We were very concerned about not playing enough games to be able to grow as a team or as players if we stayed in DI. We debated moving to DII just so we could have a longer season. In the end, the NERFU DII structure was also reformatted so Boston College, Boston University, and Northeastern moved to DI. We played all of these teams in the spring and ended up 2-0-1 so we are very anxious to face them again and for our rank to benefit from those results.

In the end, we got everything that we wanted from this new conference system: 5 competitive games and the opportunity to stay in DI. Our play-off structure will be similar to that of previous years. At the end of the season, the best teams within the NERFU DI, Ivy League and the NRU will face each other for playoffs. We are very eager to start this season. We have every intention of reaching our full potential and leaving our hearts on the pitch. -Alycia Washington



Above: UConn will now face Boston College in the regular season



Captains Amy Brown and Emily Webster

Fall 2011 Officers

President	Alycia Washington
Vice President	Chelsea Martin
Back Captain	Emily Webster
Pack Captain	Amy Brown
Treasurer	Dee Shea
Match Secretary	Andrea Fossa & Christie Scheer
Fundraising Chair	Cate Victory & Leann Bickford
Public Relations	Angie Les & Kelly Macko
Social Chair	Michelle Scatamacchia & Gabby Delorenze
Recruitment Chair	Lindsay Beckler & Amanda Barney
Club Sports Representative	Chelsea Martin & Christie Scheer

From the Captains

"I've been ready to play since our last game of the spring. We have a lot to prove to ourselves this season both as a result of the reliable starters we've lost and the changes to our conference. I think our determination and love of the game will go a long way in our efforts to advance. As a captain my biggest priorities this season will be improving our physical proficiency and understanding of the game. If we can refine our fitness level then I think conditioning combined with our scrappy style of play will go a long way in getting us to the playoffs. We have veterans with the know-how and new kids with bright-eyed enthusiasm and I cannot wait to see this team realize its potential." -Amy

"I think this year is the most excited I have ever been to play rugby in all my seasons at UConn. With the girls we have coming back and the new players we're looking to acquire, there's potential to do some great things this season. The shake-up of our conference and the changes in our regular season schedule give this team an opportunity to establish itself once again as a very successful program. The passion for the game is there, the will to learn is there, and the ability to put that together to win games is most definitely present. As a captain of this team, I look forward to pushing players to achieve things they've never achieved before. We will have to work hard in order to do that, we will have to have each other's backs on and off the field, and we will absolutely have a good time through all of this. We have the ability to win some games and everyone has the opportunity to play better rugby so now it will come down to execution. If you're reading this as someone interested in playing rugby for UConn, give it a shot; it might be one of the better choices you've ever made." -Emily

Ireland 2012



For spring break in 2012, UConn Women's Rugby looks forward to traveling to Ireland on an adventure with Irish Rugby Tours (<http://www.irishrugbytours.com/index.php>). The trip was initiated by president Alycia Washington, who wanted to make something special happen during her last year with the team.

Approximately 30 girls have signed on for the trip, plus coach Mark Jordan. The trip will be seven days long. Highlights will include two training sessions with an international rugby coach, two matches against local teams, and tours of

local attractions such as Aviva Stadium, Blarney Castle and the Guinness Storehouse.

Everyone is looking forward to all aspects of the trip. Ashley LaPlante explains, "I think the Ireland trip is going to be a really great time for the team, both on and off the field. Being that the States isn't a rugby minded country, just the atmosphere of Ireland during a rugby tournament is going to be such a great experience. Working with coaches and trainers while over there, along with touring the country is going to be the highlight of our college years for some of us and what's a better way then to share that with your teammates. Overall, I think this year is going to bring the team closer together as a family, as well as make us all better players."

Other players agree:
"I'm very excited for Ireland to be able to have fun with the team but also have

some training with an international coach. I think this will help our team out very much." - Minh Nguyen

"I can think of no better senior year spring break than an international trip with a bunch of UConn's finest, in which we tour Ireland, play rugby, get a taste of some local flavor, and end it all with St. Pattie's Day in Dublin." -Mallory Mangan



We are always accepting donations! If you would like to make a contribution, please visit uconnwomensrugby.com/donate.htm or contact one of our fundraising officers.

U20 Nations Cup

After two tough tryouts earlier this year in Florida and Pittsburgh for the Under-20 Women's National team, I was invited to join the team for the U-20 Nations Cup in Santa Barbara, California. I had no idea what to expect from this tour. The coaching staff was the same, but there is a world of difference between girls from England, South Africa and Canada and the Caribbean girls we faced last summer. The teams from this summer were highly conditioned, disciplined and ready to fight for their countries. In the end, we finished in Second place behind England. We fought as hard as we could in the Championship game, but were outscored by the English girls. Our best game was against Canada. After losing to them by 3 points last summer, that victory could not have tasted sweeter.

The two weeks I spent in California were made of some of the best days of my life. All of the girls there made a bond that will never be broken. We laughed together, ate together, played together, bled and cried together. The two-a-day practices were exhausting; I welcomed every night of sleep. Although I miss the California sun and caliber of rugby, I could not wait to return home to play with my UConn girls. I kept notes of the drills we did and ways to tweak certain parts of UConn's game. I hope to be invited to other teams in the future; I plan on trying out for the NRU U-23 in the spring. My ultimate goal is to pull on another USA jersey, until then I will keep training and getting as much experience on the pitch as possible.

- Alycia Washington

Spring & Summer Memories

“My favorite part of the summer was going to Cape Cod 7’s. Since I joined only one semester prior to the tournament I was unsure of how the team would interact with me (seeing as they all knew each other for a while already). The tournament helped me learn a lot more not only about the game of rugby, but about my teammates as well.”

- Christie Scheer



“We ended up taking second in the tournament, but beating Cornell had us all feeling like we got first.”

Beast of the East

“One of my favorite memories from the Spring 2011 season was playing Cornell at Beast of the East. We had lost to them in playoffs back in November and we were all so pumped up for a rematch. Everyone started jumping around and singing “Get Outta Your Mind” right before the game. We went on the field with such intensity and kept it up throughout the entire match. Not only did we win, we shut them out and scored several times. It was some of the best rugby we’ve ever played. We ended up taking second in the tournament, but beating Cornell had us all feeling like we got first.”

- Dee Shea



“I think we have a solid, strong pack and great back line queued up for the fall and I really hope to get the pack & back working seamlessly together. We started out really strong at our first tournament of the season with only one week of practice under our belts. I think some joint plays would be awesome and really work in our benefit since we have such strong players on all sides of the field. It’s going to be a great season.”

- Ashley LaPlante

“An important goal of mine this season is to up my game and have fun on the field.” - Minh Nguyen

Fall Goals



“I remember my first rugby game ever was against Army at West Point. After almost four hours on a bus I watched the A side get trampled, I think the score was somewhere in the range of 100-0. Last fall at Depot, we held them to one of their lowest scoring halves of the season. This will be the first time since my freshman year that we will be traveling to West Point. I think it would be fantastic if we could limit them to one less try than they scored last season, especially since they won the national championship in the spring.” - Amy Brown

Fall Preview

“The Beantown tournament the other weekend was a great opportunity to get in some games before our real season started. I know we were all prepared for a rough adjustment because we graduated so many great players in the Spring. However, things came together more easily than anyone expected. Both A and B-side did well. A-side went 2-2. Both losses were to Radcliffe, who were the DII national champions last year. We lost to them in the finals on Sunday, but put up a good fight. B-side went 1-3 and played better than I’ve ever seen B-side play. Both sides showed a lot of promise and with some more practice, I think it will be a very successful season for us.”

- Dee Shea

AlumNotes

This season, Spring 2011 alum Melissa “Tank” Carserino returns to UCWRFC as b-side coach. On a team with such a large roster, it is difficult for each player to get the individual feedback that they need in order to improve. Tank’s experience will be very helpful in fine-tuning the b-side players’ skills and in teaching the game of rugby to the rookies.

Next issue: photos from an alum’s trip to the 2011 Rugby World Cup in New Zealand!

Rugby Brain Teaser (to avoid Alzheimer’s)

By Mallory Mangan (Solution in Next Issue)

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Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number.



UConn Women’s Rugby Football Club

Follow us on Twitter! @UCwomensrugby



We are a division I club team at UConn and our season takes place in both semesters, with the fall being our primary season. We play with an A side and a B side and we’re always welcoming new players. No experience is needed to join our team. It is an awesome opportunity to not only improve in athletic ability and intensity, but to gain some solid friendships.

If you are not looking to play, we welcome you to join our fan base; come support us at our next game!